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A long dry spell makes sex all the more difficult to enjoy in the future. 19

NATIONAL GIN & TONIC DAY

Celebrate National G&T Day with these spins on the two-ingredient drink. 20

50 wins makes Sixers true contenders. 26

DEATH IN THE AIR

President Trump places blame and promises action after dozens were killed by poison gas in a rebel-held town in Syria. 14-15

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5 THINGS YOU NEED TO KNOW

WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

Hundreds of Philly defendants sentenced to serve life in prison for crimes committed when they were teenagers got a second chance when the Supreme Court banned such sentences and ordered all of them to be retroactively reviewed. One of these, Michael Holmes, who got life for a murder in which he participated but did not pull the trigger, recently was granted parole and is hoping to make the most of his second chance at life, his fiancée tells Metro. Read more on page 12 and at **metrophilly.us**.

TRUMP PREDICTS CHINA CONCESSIONS AMID TENSION

1 President Donald Trump predicted on Sunday that China would take down its trade barriers, expressing optimism despite escalating trade tensions between the world's two largest economies that have roiled global markets in the past week. The two countries have threatened each other with tens of billions of dollars' worth of tariffs in recent days and Chinese officials have said this is not the time for negotiations. But Trump administration officials have stressed that the tariffs are not yet in place and the dispute could be resolved through talks. In a Twitter post on Sunday, Trump echoed this, saying, "China will take down its trade barriers because it is the right thing to do. Taxes will become reciprocal and a deal will be made on intellectual property." On Tuesday, Washington unveiled some $50 billion worth of proposed tariffs on Chinese imports and on Thursday Trump upped the ante, directing U.S. trade officials to identify tariffs on another $100 billion of Chinese imports. China's state media has sharply criticized the U.S., saying its trade protectionism actions will end in defeat. "If the U.S. says that it will pay any price, it must be firmly attacked," China's official Xinhua news agency said.

US EXPANDS AIRSTRIKES ON TALIBAN DRUG LABS

2 American and Afghan forces have expanded their air strikes against drug labs into western Afghanistan, aiming to choke Taliban revenue. Air strikes in Afghanistan, the world's main heroin source, also threaten civilians, however, and may not be an effective blow to the Taliban militant group, an expert on the country's drug industry said. The campaign targeting Afghan drug labs began as opium production jumped 87 percent last year to a record high in Afghanistan. The Taliban, which U.S. officials say controls the drug trade, has made large territorial gains since a U.S. troop reduction of recent years. American and Afghan forces responded with a dramatic increase in air power since early 2017, with the number of weapons released tripling in the first two months of 2018 compared with a year earlier. U.S. Forces-Afghanistan (USFOR-A) and Afghan forces conducted strikes on 11 Taliban drug production facilities in the western provinces of Farah and Nimroz this week, U.S. Forces said on Saturday. Drug processing and taxation generate $200 million annually for the Taliban, U.S. Forces-Afghanistan estimates.

FISHING FOR LEAVE TO PROTEST BREXIT DEAL

3 A fisherman throws gasoline onto a fishing boat that has been set alight as fishermen take part in a nationwide protest against the Brexit transition deal on Sunday in Whitstable, England. The group Fishing For Leave organized the protests with fishermen in ports nationwide, making their opposition known to the Brexit transition deal and in particular the Common Fisheries Policy. In a referendum held on June 23, 2016, the majority of the United Kingdom electorate voted to leave the European Union.

GETTY IMAGES

CHAOTIC MCGREGOR CASTS SHADOW OVER SPORT

4 After a series of plot twists befitting a Broadway production, the UFC had hoped to bring clarity to its disorderly lightweight division with Saturday's UFC 223 fight card in Brooklyn, but it will be overshadowed by one man not on it — Conor McGregor. The Irish fighter gate-crashed a media day on Thursday and caused chaos with his entourage when he attacked a bus ferrying fighters in the venue's loading bay, an assault that led to injuries to some of those aboard the vehicle. McGregor appeared in court in New York on Friday charged with assault and criminal mischief. Asked at a news conference on Friday whether he could foresee McGregor ever fighting in the UFC again, the organization's president Dana White said he was not sure. "This thing is so crazy. He is being arraigned right now and dealing with what he has to deal with. We're dealing with this fight," White said. "Next week I'm going to go home and figure out how this whole thing plays out," he added. "It's a very unique situation that we're in. It's never happened in nearly 20 years of doing this, so we'll see."

NORTH KOREA READY TO DISCUSS DENUCLEARIZATION

5 North Korea has told the U.S. for the first time that it is prepared to discuss the denuclearization of the Korean Peninsula when North Korean leader Kim Jong Un meets President Donald Trump, a U.S. official said on Sunday. U.S. and North Korean officials have held secret contacts recently in which Pyongyang directly confirmed its willingness to hold the unprecedented summit, the official told Reuters, speaking on condition of anonymity. The communications, still at a preliminary stage, have involved State Department officials talking to North Korea apparently through its United Nations mission, and intelligence officers from both sides using a separate backchannel, the official said. Until now, Washington had relied mostly on ally South Korea's assurance of Kim's intentions. South Korean envoys visited Washington last month to convey Kim's invitation to meet. Trump, who has exchanged bellicose threats with Kim in the past year, surprised the world by quickly agreeing to meet Kim to discuss the crisis over Pyongyang's development of nuclear weapons capable of hitting the United States.

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Lansdale man scooped out own father's eyeball, killed him with butter knife

"I just tried to kill everybody in the house," man told 911 operator.

SAM NEWHOUSE
sam.newhouse@metro.us

A 30-year-old Lansdale man is facing criminal charges for attacking and murdering his sleeping 74-year-old adoptive father with a butter knife after ingesting unknown narcotics.

"I just tried to kill everybody in the house, I need help," Preston Lonnberg-Lane told a 911 operator he called at 4:44 a.m. on March 27 after mortally wounding his father, according to a transcript of the call provided by the Montco DA's office. "There's people dead."

A 911 operator coached Lonnberg-Lane into remaining near his house, and he was arrested standing barefoot in the driveway in a bloody T-shirt outside the Lansdale home he shared with his father, 74-year-old Thomas Lane.

Inside they found another resident, Alvin Lane, who was calling 911 and directed police upstairs. In the bedroom they found Thomas Lane semi-conscious and covered in blood on the floor of his bedroom. His eyeball was found on the floor, a butter knife was lying beside him. He had been stabbed in the head, neck and arm, according to a Lansdale Police Department affidavit of probable cause.

Now Lonnberg-Lane is charged with first-degree murder and related charges, and will be in court on Monday for a preliminary hearing, the Mongtomery County DA's office said.

"This father was asleep in his bedroom and was savagely attacked by his son," Montco DA Kevin Steele said in a statement. "Now the man is dead and a son is behind bars."

Lane was flown to Thomas Jefferson University Hospital in critical condition. He died from hyperextensive brain hemorrhages two days later, on March 29, at 2:59 p.m.

Lonnberg-Lane allegedly confessed to attacking his father during an interview with detectives on the afternoon of March 27. According to the police affidavit, he said at 3:30 a.m. that he snorted two bags of what he believed to be fentanyl and tried to go to sleep, listened to some music, then attacked his father.

According to the affidavit, he told the detective he "got up and grabbed a butter knife from the kitchen and tried to kill my dad," adding that he stabbed and punched him before he put him in a chokehold and "tried to pull out his eye."

> **"This father was asleep in his bedroom and was savagely attacked by his son."**
>
> Montco DA Kevin Steele, in a statement

Lonnberg-Lane said he stopped the attack when he heard Lane say, "Preston, Preston, what are you doing?"

According to his obituary, Thomas E. Lane was a widower originally from Philadelphia who had served in the U.S. Air Force during the Vietnam War. Born in Philadelphia he was the last of eight siblings and is survived by a daughter, several grandchildren and great-grandchildren.

Preston Lonnberg-Lane allegedly man pulled out his own sleeping father's eyeball, then killed him with butter knife. COURTESY OF THE MONTCO DA'S OFFICE

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Philly DA Larry Krasner announced the creation of a Crime Victims' Advisory Committee on Friday. COURTESY OF PHILLY DA'S OFFICE

Under fire over prosecutors, DA Krasner announces new Victims Advisory committee

DA launches committee to support crime victims as criminals get shorter sentences.

SAM NEWHOUSE
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Philadelphia District Attorney Larry Krasner has taken flack in recent weeks from family members of murder victims who say his prosecutors have not communicated with them about decisions in defendants' cases. Some critics accused Krasner's office of focusing more on shortening defendants' sentences than the families of the people they killed.

On Friday, to honor Crime Victims' Rights Week kicking off on Monday, Krasner announced the creation of a Crime Victims' Advisory Committee (CVAC), and invited the public to apply.

"The goal of the criminal justice system is to create fewer victims. It is to prevent crime. And in so doing, we have to do better by survivors and by victims," Krasner said at a press conference Friday. The goal is to take a trauma-informed approach to how we work. … We want to recognize our mistakes and do better and move past them."

Criticisms have arisen recently over the handling of cases such as the death of Ryan Kelly. Kelly, 21, was killed on Thanksgiving 2015 in front of his family's Port Richmond home while walking back from a Wawa. They questioned the DA's office's decision to offer a 22 to 44-year sentence to alleged shooter David Ramos Jr., barely more than the 20- to 40-year sentence his accomplice, getaway driver Keenan Glenn, got after pleading guilty and agreeing to testify. They also said they had not been informed of the change in tactics. A judge rejected the offer as too lenient.

"We have come to the conclusion the current DA's office's agenda is to shorten prison sentences and offer more rehabilitation to the criminals," Kelly's sister, Amy Campbell wrote in a letter posted online. "While this logic is only supposed to be applied to nonviolent cases, the DA is applying it to current murder trials as well."

Campbell later retracted her criticisms after the DA's office made a new offer of 30 to 60 years in Ramos' case, which was accepted by a judge.

Other victims who have spoken out include the family of Sgt. Robert Wilson III, who was killed in the line of duty in 2015, who fear Krasner will not seek the death penalty against the brothers who

> **"The goal of the criminal justice system is to create fewer victims."**
>
> DA Larry Krasner

shot Wilson to death in a Gamestop during a botched robbery. Family members of Gerard Grandzol, the Spring Garden dad killed outside his home in 2017, have also expressed concern that Grandzol's alleged killers may get lenient sentences, although the DA's office is pursuing keeping 16-year-old shooter Marvin Roberts' case in adult court.

And the brother of David Bernstein, who was killed in 1982 by Joseph Schindler so he couldn't testify against Schindler, told the Inquirer he was not informed that Krasner's office went to court to make a deal moving Schindler off death row and giving him a life sentence instead.

The CVAC's creation was not directly linked to any case by Krasner's office. But the committee's goals will be to review the needs of crime victims and their families and explore new practices to better serve them.

"As the district attorney said, there has been some issues that have occurred," said Movita Johnson-Harrell, Krasner's Victim Services supervisor. "We need to be sure … that we are advocating for crime victims. That does not give them a veto as to the process of the law, but what it does do is includes them in the process of the law."

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At this retrial, multiple Cosby accusers are expected to take the stand under oath and detail their accusations against him. GETTY IMAGES

#MeToo casts long shadow over Cosby's sexual assault retrial

Cosby's new attorney is Tom Mesereau, best known for defending singer Michael Jackson at his child molestation trial.

When Bill Cosby's retrial on sexual assault charges begins on Monday, the man once known as "America's Dad" will face the same judge and district attorney in the same Pennsylvania courtroom as he did last June when a hung jury failed to reach a verdict.

But the familiar trappings cannot disguise the reality that Cosby's second trial on charges that he assaulted a former friend in 2004 will have significant differences from his first.

Cosby's second trial will also play out against the backdrop of the #MeToo movement, which last autumn prompted a wave of sexual assault and misconduct accusations against dozens of powerful men in Hollywood, business and politics.

The movement has also stirred a national dialogue about the way society treats people who step forward to tell stories of sexual abuse.

More than 60 women have accused Cosby of sexual assaults dating back decades. The entertainer, now 80, has denied all of the accusations, saying any sexual encounters he may have had were consensual.

The Pennsylvania case, brought by Andrea Constand, a former administrator at Temple University, Cosby's alma mater, is the only criminal prosecution to result from the accusations, most of which are too old to allow for charges.

At the second trial, five other Cosby accusers are expected to take the stand under oath and detail their accusations against him. Their testimony could bolster the prosecution's argument that the celebrity best known for his role as the benign patriarch on "The Cosby Show" was a serial predator who preyed on vulnerable women.

The trial judge, Steven O'Neill, allowed prosecutors to call only one of the other accusers to the stand during the first trial. She told jurors that Cosby drugged and assaulted her in 1996, in much the same manner that Constand testified Cosby did to her in 2004 at his home.

"You're obviously now not just fighting one victim."

Douglas Sughrue, defense lawyer

This time, prosecutors had sought to call as many as 19 other accusers, while defense attorneys objected to allowing any to appear, arguing that they would unduly prejudice the jury.

O'Neill ruled that prosecutors could call up to five women from a group of eight accusers that includes former model and television personality Janice Dickinson.

Such "prior bad act" witnesses are typically barred for fear jurors will be more likely to convict a defendant based on past behavior, rather than the specific charges before them.

"It's not a good day for the defense whenever a judge allows these types of witnesses to be called," said Douglas Sughrue, a Pittsburgh-based defense lawyer. "You're obviously now not just fighting one victim."

The defense has said it would seek to portray Constand as a liar motivated by a desire to get a piece of Cosby's fortune. That strategy got a boost this week when the judge said he would allow testimony from a woman who claims Constand mused aloud about falsely accusing a famous man to get money. REUTERS

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TRUMP'S AMERICA

PREPPING THE PREZ FOR MUELLER'S PERJURY TRAP

Rumors are circulating that the president is preparing for a possible interrogation from special counsel Robert Mueller. GETTY IMAGES

POINT OF VIEW

ELLIS HENICAN

Metro columnist Ellis Henican is the bestselling author of a dozen books including "Trumpitude: The Secret Confessions of Donald's Brain." Join Ellis on Twitter @henican.

Metro columnist Ellis Henican imagines a possible conversation between President Donald Trump and his attorney Ty Cobb as the two prepare for the president to face an interrogation from special counsel Robert Mueller.

Attorney Ty Cobb: Special counsels don't invite people over just for friendly chitchat. Robert Mueller's going to put you under oath.

President Donald Trump: I've been under oath lots of times. I'll just wing it like I did before.

Have you ever heard the expression "perjury trap"? We really need to practice here.

I never lie. I just exaggerate, embellish and blurt out whatever delusional fantasy I happened to hear on "Fox & Friends." In real estate, it's not a lie if you believe it.

Like when you said that Mexicans are drug dealers, criminals and rapists?

Some of them could be.

Like when you insisted you had no idea your lawyer paid that porn star $130,000 in hush money?

Lawyers do that all the time.

Like when you said Scott Pruitt's sweetheart condo deal is "about market rate"? Don't all those sheiks and lobbyists pay you more than $50 to stay in your new Washington hotel?

But Trump rooms come with Trump brand chocolates on the pillow.

Okay, let's get some practice in. What if Mueller asks, "Do you know any Russians?"

I'll tell him I like Russian dressing on my salad. That'll throw him off.

Don't be so sure, Mr. President. What about that time Jared, Don Jr. and Manafort met with all those Russians in Trump Tower?

It's a beautiful 58-story building — 57 since the fire. But I'm not the security guard. I don't see everyone who comes through the lobby, though the marble is drop-dead gorgeous, by the way.

But the meeting with the Russians was in the conference room right next to your office. So why can't you ever criticize Vladimir Putin?

I will criticize him. Putin has less hair than I do. Though, to be fair, everyone can see he wears his wispy combover in a very virile fashion, like a real leader does.

Maybe this isn't a good idea, after all — you raising your right hand and swearing to tell the truth.

If Mueller gets too close, I'll just fire him.

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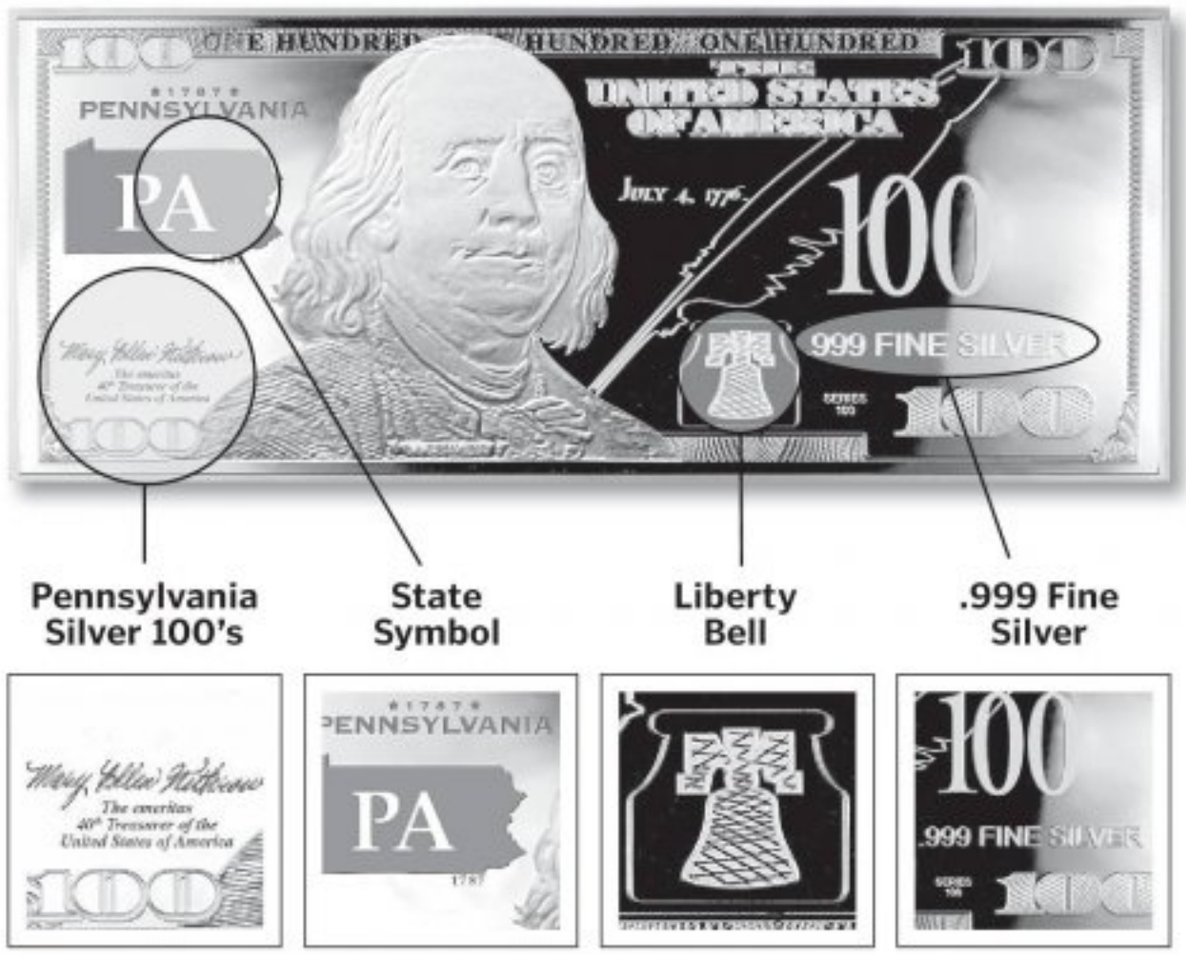

New Pennsylvania State Silver 100's to go quick

Pennsylvanians get 48 hours to snap them up at just state minimum

Pennsylvania – The phone lines are ringing off the hook.

"It's like a modern day 'Gold Rush'," said Mary Ellen Withrow, the emeritus 40th Treasurer of the United States of America.

"Everyone wants to get their hands on the first and only Pennsylvania State Silver 100's now being handed over to Pennsylvania residents at just the state minimum set by the private Federated Mint before they're all gone," Withrow said.

"But don't bother calling local banks and credit unions because they can't even get their hands on these never before seen Pennsylvania State Silver 100's," Withrow said.

That's because these valuable, proof finish Pennsylvania State Silver 100's are not being released and minted by the U.S. Gov't. That's right; they're being released directly to the first 17,544 Pennsylvania residents who beat the 48 hour order deadline exclusively from the vaults of the private Federated Mint.

"But you better hurry because these full one ounce Pennsylvania State Silver 100's are struck in high relief .999 solid silver proof finish and will always be a valuable precious metal which is why everyone is snapping up as many as they can before they're all gone," Withrow said.

"As Executive Advisor to the Federated Mint I get paid to deliver breaking news. So if you're a resident of the state of Pennsylvania you better call 1-866-637-3509 Ext.FMP775 right away because only the first 17,544 callers are guaranteed to get these valuable Pennsylvania State Silver 100's at just the $99 state minimum set by the Federated Mint," Withrow said.

"Here's my advice. Don't wait to call. Pick up the phone right now and get as many of the new Pennsylvania State Silver 100's as you can before they're all gone," said Withrow. ■

New Pennsylvania State Silver 100's handed over to state residents

Pennsylvania residents who find their zip code listed at right and are among the first 17,544 callers who beat the 48 hour order deadline are guaranteed to get the first and only Pennsylvania State Silver 100's at just the state minimum set for Pennsylvania residents

NON-STATE RESIDENTS ▶ **Residents living outside the state of Pennsylvania must pay double the state minimum for the Pennsylvania State Silver 100's**

Pennsylvania – The vaults at the Federated Mint are nearly empty.

"We can barely keep up with all the orders," said Mary Ellen Withrow, the emeritus 40th Treasurer of the United States of America.

That's because the first and only Pennsylvania State Silver 100's in existence are actually being handed over at just the state minimum set by the private Federated Mint to the first 17,544 Pennsylvania residents who find the first three digits of their zip code printed in today's publication.

The only thing residents need to do is call the Toll Free Hotlines before the 48 hour order deadline ends.

Everyone who does is getting individual Pennsylvania State Silver 100's at just the state minimum of $99 set by the Federated Mint. That's why everyone should be taking full Vault Stacks (pictured in the bottom right hand corner of today's newspaper) each loaded with three Pennsylvania State Silver 100's before they're all gone.

And here's the best part. Pennsylvania residents lucky enough to be among the first callers to claim the entire 50 State Silver 100's Collection™, pictured bottom left, are also getting 20 State Silver 100's absolutely free.

"I'm advising everyone

(Continued on next page)

■ **PENNSYLVANIA RESIDENTS GET 20 STATE SILVER 100'S FREE:** Pictured above is the never before seen entire 50 State Silver 100's Collection™ shown off by officials from the Federated Mint that everyone is trying to get. Lucky Pennsylvania residents who are among the first 17,544 callers who beat the 48 hour order deadline to claim the 50 State Silver 100's Collection are actually getting 20 State Silver 100's absolutely free, the custom made State Treasury Display Chest is $285, but it's absolutely free for Pennsylvania residents plus free shipping and free handling too. That means Pennsylvania residents cover just the $99 state minimum set by the Federated Mint for the remaining 30 State Silver 100's which is a real steal because it's saving every Pennsylvania resident over two thousand dollars today.

(Continued from previous page)

in Pennsylvania who finds their zip code on today's Distribution List to get to their phones right now because the new Pennsylvania State Silver 100's are only being released to the first 17,544 callers," Withrow said.

Remember, this is not legal tender paper money issued by the U.S. Gov't. These historic Pennsylvania State Silver 100's are a magnificent adaptation of the United States Treasury's one hundred dollar Federal Reserve Note. They are the first and only Pennsylvania State Silver 100's struck in high relief .999 solid silver proof finishes released exclusively from the vaults of the private Federated Mint.

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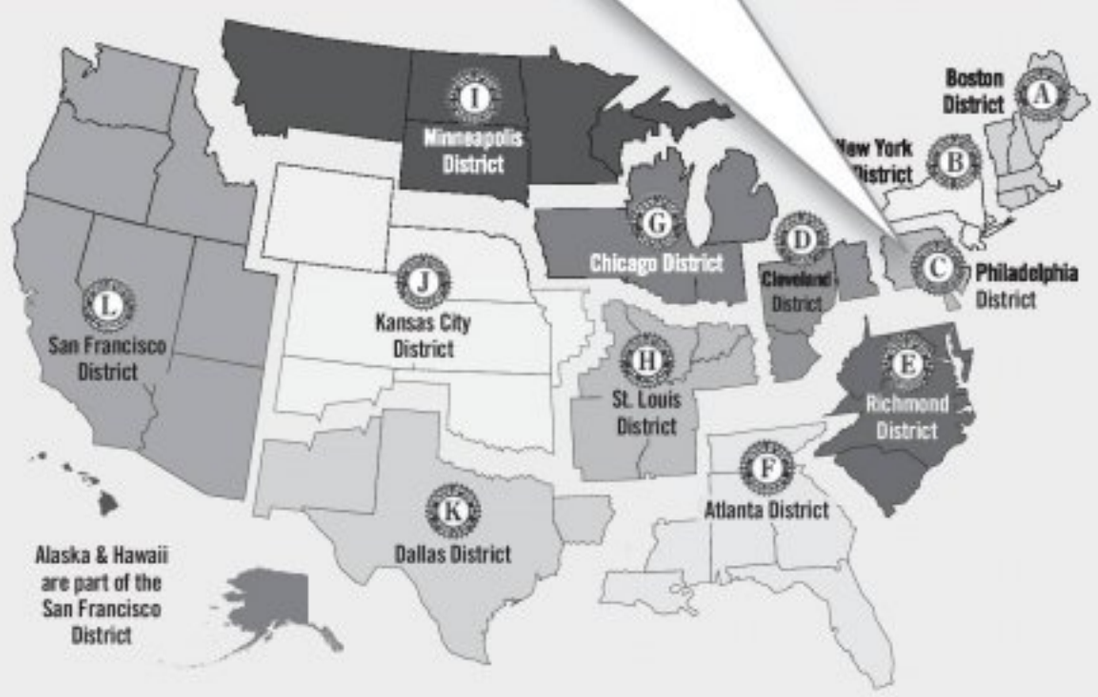
"We're bracing for all the calls and doing everything we can to make sure no one gets left out. So if lines are busy keep trying, all calls will be answered," said Withrow. ■

PENNSYLVANIANS CALL: 1-866-637-3509 and use EXT. FMP775 if the first three digits of your zip code appears below

150	158	166	174	182	190
151	159	167	175	183	191
152	160	168	176	184	192
153	161	169	177	185	193
154	162	170	178	186	194
155	163	171	179	187	195
156	164	172	180	188	196
157	165	173	181	189	



The Toll Free Hotlines open at precisely 8:30am this morning for Pennsylvania residents only. If lines are busy keep trying, all calls will be answered. If you miss the deadline you'll be turned away from this offer and forced to wait for future announcements in this publication or others, if any.

The first 17,544 Pennsylvania residents who find the first three digits of their zip code on today's Distribution List above and call before the 48 hour deadline ends are authorized to get individual Pennsylvania State Silver 100's at just the state minimum of $99 set by the Federated Mint. That's why everyone should be taking full Vault Stacks each loaded with three Pennsylvania State Silver 100's before they're all gone. And here's the best part. Every Pennsylvania resident who gets at least two Vault Stacks is also getting free shipping and free handling too. That's a real steal because non-state residents must pay over six hundred dollars for each Vault Stack. All U.S. residents living outside of the state of Pennsylvania must pay one hundred ninety-eight dollars for the Pennsylvania State Silver 100's.

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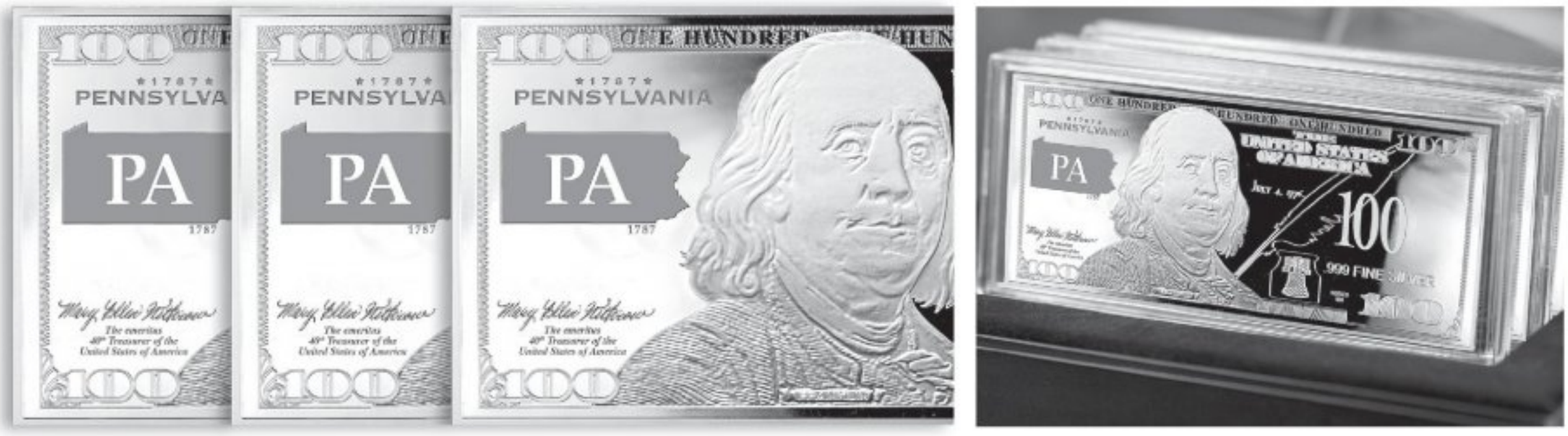

■ **WHAT EVERYONE WANTS:** Pictured left reveals for the very first time the valuable Pennsylvania State Silver 100's struck in high relief .999 pure fine silver loaded inside each Vault Stack. Pictured right are the Vault Stacks containing three of the only Pennsylvania State Silver 100's known to exist. Residents who find their zip code listed above are authorized to get individual Pennsylvania State Silver 100's at just $99 state resident minimum set by the Federated Mint. That's why everyone should be taking full Vault Stacks each loaded with three Pennsylvania State Silver 100's before they're all gone. And here's the best part. Every Pennsylvania resident who gets at least two Vault Stacks is also getting free shipping and free handling too. That's a real steal because all non-state residents must pay over six hundred dollars for each Vault Stack.

From life in prison to parole in May: Philly juvenile lifer hopes for second chance

One of Philadelphia's juvenile lifers is hoping to return to work as a barber.

SAM NEWHOUSE
sam.newhouse@metro.us

Philadelphia man Michael Holmes, 46, has been in prison for nearly 26 years for charges related to the 1989 murder of Jerome Harris during a drug-related, botched robbery, which occurred when he was 17. Although he wasn't charged with pulling the trigger, he was sentenced to die in prison under the felony murder statute as an accomplice. But after recently being re-sentenced to 26 years to life, he was granted parole at a hearing in February, and now is scheduled for release in May.

"We are just so happy and excited and thankful this day has finally come," said Sabrina Stokes, Holmes' fiancée, who has visited him every week for more than two decades. "I've been in his corner since Day 1. He's always kept his spirits up. It took years, but I'm just glad to see him coming home."

Holmes is one of the "juvenile lifers," defendants sentenced to life in prison for crimes committed while they were under 18, all of whose cases are being retroactively reconsidered. Some 517 such defendants existed in Pennsylvania — the highest number of any state — 300 of them from Philadelphia. Some 180 Philadelphia cases remain pending.

The Supreme Court ruled life sentences for juveniles were unconstitutional in its 2012 "Miller" decision, and in the 2016 "Montgomery" decision made the ban retroactive and ordered all such sentences to be reconsidered. That led to a wave of cases being reopened, and the Defenders Association of Philadelphia asked Mark Sheppard and Arianna Goodman, white-collar criminal defense lawyers at Montgomery McCracken Walker & Rhoads LLP, to assist with some cases, including that of Holmes.

Michael Holmes has been in prison for nearly 26 years. COURTESY OF SABRINA STOKES

"He was really someone who deserved a second chance," said Sheppard, who reached a re-sentencing agreement with prosecutors under former Philly DA Kelley Hodge that made Holmes immediately eligible for parole. "Miller and Montgomery recognized that young people's decision-making process is flawed, it's not based on a brain that is completely developed."

In Sheppard and Goodman's court papers, they note that Holmes says he was pushed by peers toward the drug trade at age 14 and resisted, but took responsibility for later getting involved around the age of 16 and participating in illegal activity. Since being incarcerated, he has obtained his GED, took multiple classes, and has housing and employment options available after release through his friends and family, including possibly resuming work as a barber.

"That was extremely heartwarming, to see how much support he has after being incarcerated for 26 years," Goodman said. "He had a lot of support throughout the entire process. In that regard, Michael was very lucky."

The family of victim Jerome Harris could not be reached for comment, although Holmes apologized to them at his resentencing hearing.

"I was hoping that I would be able to say I'm sorry to the victim's family. I wish that they was here today so hopefully they could accept my apology," Holmes said, according to a court transcript. "As a teenager I committed in many people's eyes and unforgettable act. … I want everyone to know

> **"He was really someone who deserved a second chance."**
> Attorney Mark Sheppard

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that I'm no longer a disappointment to the community, myself, or my family members, and if I am given a second chance that I would be productive and encourage people to do the right thing."

Holmes' life sentence was also striking because it was tied to a second-degree murder conviction, under the felony murder statute, which states that all defendants involved in a felony that result in a murder are guilty of it. Holmes was first arrested on charges related to Harris' 1989 murder in 1990. Charges were dropped in 1991 after a witness failed to testify, but he was re-arrested in 1993. His co-defendant charged with pulling the trigger was acquitted, but Holmes got a life sentence for allegedly participating in the murder.

"The evidence at trial was equivocal and ambiguous as to who the shooter was, as is often the case when you're trying three or four people for something and they start pointing fingers at each other," Sheppard said.

Stokes insisted that Holmes had no involvement with Harris' death. "He wasn't there," she said. "But he accepts it, because of the lifestyle he was living at that time."

State Sen. Daylin Leach has moved to eliminate the felony murder statute. GETTY IMAGES

State Sen. Daylin Leach has introduced legislation to eliminate the felony murder statute in Pennsylvania, a potential reform that Sheppard noted is "something whose time may have come." But working on Holmes' re-sentencing, which he called a "very worthwhile and rewarding experience," raised questions about life sentences without parole.

"It will be important to see how these folks fare once they're paroled. I think the idea of life without parole is one of the reasons we have one of the highest incarceration levels of any state in the country," Sheppard said. "Whether or not that is truly a way that we want to be spending our limited resources, maybe it's time for us to reexamine that. … The question of whether we should be paroling lifers is a good one, and hopefully this will be a microcosm and incubator for that.

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At 10 am at 2515 S. Front St., Phila., PA 19148

#5052 Theresa Barno, 2091 Shanda Childs, 2025 Jessica Eastwood, 2041 Jessica Eastwood, 2026 Steven Frangipani, 4041 Ashley Hurst, 5754 Jamie Jenkins, 5109 Jess Kellengram, 3096 Albert Lupinacci, 3028 Francisco Rodriguez, 5263 John Seward, 2048 Long Xiong.

At 10 am at 7049 Frankford Ave., Phila., PA 19135

#603 Dale James, 612 Pamela Ewing, 213 Erin Mcgrath.

At 10 am at 5440 North 6th Street, Phila., PA 19120

#329 Felton Abton, 129 Felton Abton, 304 Robert Brown, 37 Benjamin Burwell, 2103 Twanda Cleveland, 2908 Nois Crosby, 2414 Simone Duke, 14 Jalisa Gary, 36 Dana Green, 1410 Tristan Inniss, 130 Pierre Milburn, 1107 Carole Pearce, 123 Grace Roberts, 808 Margaret A. Smith, 2113 Shafon Smith, 3210 Teresa Tanner, 122 Leila Varella, 3511 Elizabeth Wardlow, 2207 Joy Wesley.

At 10 am at 5026 Ridge Ave., Phila., PA 19128

#424 Akili Campbell, 1316 Hillary Holloman, 1411 James Jackson, 44 Nick Kolonis, 223 Marquis Maddox, 527 Iesiah O Patterson, 507 Francisco Santos, 2416 Lynn Schleichter, 2222 Tara G Tischanz, 522 Dr. Sarah Ullman, 234 Bill Webb Jr, 2223 Ken Walley.

At 10 am at 6758 Ridge Ave., Phila., PA 19128

#39 Joe Canazzaro, 230 Joanne Donner, 62 Robert Ferreiro, 134 Stephen Matthews, 32 Albert Mc Fadden, 215 Michelle Obst, 156 Gino Turello, 201 Anthony Boris.

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Trump says 'big price to pay' for Syria chemical attack

Russia, Syria's most powerful ally, called reports of the attack fake.

Last year, one factor in Trump's decision to bomb Syria was televised images of the human devastation. GETTY IMAGES

President Donald Trump said on Sunday there would be a "big price to pay" after medical aid groups reported dozens of people were killed by poison gas in a besieged rebel-held town in Syria.

As international officials worked to try to confirm the chemical attack which happened late on Saturday in the town of Douma, Trump took the rare step of directly criticizing Russian President Vladimir Putin in connection with the incident.

The Syrian state denied government forces had launched any chemical attack.

Trump threatened action, although it was unclear what he had in mind. Last year, he authorized a cruise missile strike on a Syrian air base days after a sarin gas attack on civilians.

"Many dead, including women and children, in mindless CHEMICAL attack in Syria. Area of atrocity is in lockdown and encircled by Syrian Army, making it completely inaccessible to outside world. President Putin, Russia and Iran are responsible for backing Animal Assad. Big price to pay," Trump wrote on Twitter.

The Russian Foreign Ministry warned against military action on the basis of "invented and fabricated excuses."

A joint statement by the medical relief organization Syrian American Medical Society (SAMS) and the civil defense service, which operates in rebel-held areas, said 49 people died in the attack.

A European diplomat said Western allies would work on building a dossier based on photos, videos, witness testimony and satellite images of Syrian flights and helicopters.

The United Nations Security Council will meet twice on Monday following rival requests by Russia and the United States.

U.N. war crimes investigators had previously documented 33 chemical attacks in Syria, attributing 27 to the Assad government, which has denied using the weapons.

Russia has blocked efforts to hold Syria accountable at the U.N. REUTERS

49
People
An analysis of the recent chemical attack in Syria found that 49 people had been killed in the attack.

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Officials were working on Sunday to verify details of the Syria chemical attack that reportedly killed at least 49 people. GETTY IMAGES

UN Security Council to meet twice on Monday after Syria attack

The United Nations Security Council will meet twice on Monday following rival requests by Russia and the U.S. after a deadly chemical attack in Syria and a warning by President Donald Trump that there would be a "big price to pay."

Russia called for a meeting of the 15-member council on "international threats to peace and security," diplomats said on Sunday.

A minute later, the U.S., France, Britain, Sweden, Poland, the Netherlands, Kuwait, Peru and Ivory Coast called for a meeting to discuss the chemical weapons attack in Syria.

"The Security Council has to come together and demand immediate access for first responders, support an independent investigation into what happened, and hold accountable those responsible for this atrocious act," U.S. Ambassador to the U.N. Nikki Haley said in a statement on Sunday.

Haley warned last month that if the U.N. Security Council fails to act on Syria, Washington "remains prepared to act if we must," just as it did last year when it bombed a Syrian government air base over a deadly chemical weapons attack. REUTERS

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Dress shopping during prom season

The annual Red Carpet Glam Event featured inexpensive prom dresses.

KAIT MOORE
letters@metro.us

The annual Red Carpet Glam Event got started six years ago. ALL PHOTOS KAIT MOORE

On Saturday, girls from Philadelphia schools perused through over 1,000 prom dresses looking for the right fit.

Each year, the Philadelphia School District holds an annual Red Carpet Glam Event that features both new and gently-used prom dresses for students.

Brittney Sykes, a 12th grader at New Foundations Charter School, was looking for a fitted black dress with her mother.

"I'm here to find a gown, or have a backup plan. Ordering dresses online can be hard," she said.

Many other girls shopped with family members and friends in the tiny auditorium on the second floor of the school district building. The room was filled with racks of dresses, shoes, and jewelry. Girls could try on dresses in makeshift fitting rooms.

200
The first Red Carpet Glam Event started with around 200 donated dresses.

The event got started six years ago when Kimyatta Taylor, the event coordinator, thought about how expensive prom dresses were. From there, Taylor gathered around 200 donated dresses and started the very first Red Carpet Glam Event.

With each year, the event has gained momentum with donations from companies and community members.

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An auditorium on the second floor of a school district building was the setting for the Red Carpet Glam Event.

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Senator says Facebook scandals may prove that the company needs to be regulated

Facebook CEO Mark Zuckerberg will appear on Capitol Hill on Tuesday.

A Republican senator warned on Sunday that Facebook Inc. may need to be regulated to address concerns about the company's privacy and foreign propaganda scandals, saying they may be "too big" for the social media company to solve alone.

"My biggest worry with all this is that the privacy issue and what I call the propagandist issue are both too big for Facebook to fix, and that's the frightening part," Sen. John Kennedy said on CBS' "Face the Nation."

Asked if lawmakers need to seek regulations on Facebook, Kennedy replied: "It may be the case."

Facebook Chief Executive Mark Zuckerberg will appear before the U.S. Senate Commerce and Judiciary committees Tuesday to address questions about how his company handles its users' data.

While some Democrats have suggested laws may be required to police Facebook's data privacy practices or limit foreign interference on its platform, Kennedy's openness is significant because Republicans generally support free-market principles and are loath to regulate U.S. companies.

> **"Our promised digital utopia has minefields in it."**
> Sen. John Kennedy

Kennedy, a member of the Senate Judiciary Committee, said he wanted to ask Zuckerberg on Tuesday if Facebook had the ability to know the identities of the hundreds of thousands of entities that purchase ads on its site.

"I don't want to regulate them half to death," Sen. John Kennedy said of Facebook. GETTY IMAGES

"I don't want to hurt Facebook. I don't want to regulate them half to death," Kennedy said. "But we have a problem. Our promised digital utopia has minefields in it."

Facebook on Friday endorsed legislation known as the Honest Ads Act, which is aimed at countering concerns about foreign nationals using social media to influence American politics.

The legislation would expand existing election law covering television and radio outlets to apply to paid internet and digital advertisements.

The legislation, introduced last October but not yet passed, is aimed at countering concerns about foreign nationals using social media to influence American politics, which is part of the investigation into possible Russian meddling during the 2016 election. Russia denies involvement. REUTERS

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JOSHUA CROUTHAMEL
Joshua.Crouthamel@metro.us

Women take a break from sex for myriad reasons — they may be without a partner, experiencing menopause or other changes to their bodies, or they're just plain uninterested.

But unfortunately, if you're sexually inactive for a spell, your body may serve up some unpleasant surprises when you get that particular groove back.

Metro spoke with Dr. Barb DePree, MD, OB/GYN at Lakeshore Health Partners in Holland, Michigan, to learn more about the hazards of going from sex-less to sex-yes.

"Let me tell you about a patient I saw last week," said DePree. "She's in a 'nearly sexless' marriage in which she and her husband are intimate about once every six to 12 months, and this has been going on for years. She was diagnosed with fibromyalgia and rheumatoid arthritis, and hurts somewhat every day. Medications affect her sexual desire and ability to orgasm. She became menopausal about five years ago, and as a result of inactivity in the bedroom she now has vaginal atrophy — and intercourse is painful. As you can imagine she has huge obstacles to enjoying sex now, as infrequently as it occurs."

Why do you think women go through sexless phases more often than men?
Women naturally lose desire as they age and transition through menopause. They experience remarkable hormonal changes, which can impact sex, both in terms of comfort and desire. For women, sex is much more cerebral and less a physical response, so when life gets in the way — aging parents, struggling kids, job challenges, financial insecurity, weight gain — sex becomes more and more challenging.

What constitutes a sexless phase?
Any time there is a disruptive discrepancy in sexual activity in a relationship, be it weeks, months or years.

> **"For women, sex is much more cerebral and less a physical response, so when life gets in the way... sex becomes more and more challenging."**

What does a sexless phase do to a woman's health?
That depends — what's led to the sexless phase? Infidelity? Pain during intercourse? Trauma?

Those things considered, more sex makes sex more comfortable. This is especially true for postmenopausal women.

How can women combat a sexless phase?
Try to understand what led there, and address the stress or health condition, and make sex comfortable again with proper treatment of underlying medical conditions. Engage in mindfulness.

Menopausal? Compensate for lowered hormones by taking care of yourself. Vaginal dryness? Use lubricants during intimacy or regularly use a vaginal moisturizer to keep those tissues in shape and responsive. Some over-the-counter products I recommend to patients are Replens Silky Smooth as a lubricant and Replens as an effective vaginal moisturizer. Vaginal dilators can help with elasticity.

Is this mind over matter?
Usually it's more than that, apparent from that patient I saw last week.

What are your top tips for enjoying sex again after a dry-spell?
Communicate, play, introduce novelty into the bedroom by way of a toy. If a woman is menopausal, she needs the same things any woman would need in order to enjoy sex. Mindfully create and reinforce a real connection, and enjoy.

Your body goes through natural ebbs and flows, but practice and a few products may keep your body ready once you're feeling it again.

Celebrate National Gin & Tonic Day

What better way to turn around a Monday?

JOSHUA CROUTHAMEL
Joshua.Crouthamel@metro.us

PORTOBELLO ROAD GIN

Today is National Gin & Tonic Day, and though it'd be better if only sunnier and warmer, at least we now have an excuse for happy hour ASAP.

The cocktail has a medical discovery back in the 1700s to thank for its origin — quinine, a bitter compound found in tonic water, is kinda-sorta effective as an anti-malarial. When that reveal was made to British soldiers, who were staking down flags in every corner of the world (particularly in a few literally hot malaria spots), they masked the taste with a slug of gin, and the G&T came to be.

Today's tonic water contains far less quinine (and sugar), but it still is the ideal companion to the liquor derived from juniper berries and enjoyed since the Middle Ages.

So whether you chose to make love to your tonic and gin, a la "Piano Man," or sip it like a normal person, we've got you covered with four spins on the drink whose name maybe does say it all, but can still be improved with a little pomp and circumstance.

Tally ho.

Tot & Tonic
1.5 oz Perry's Tot Navy Strength Gin
Tonic water
Method: Add Perry's Tot Navy Strength Gin to Collins glass and fill with ice. Top with chilled tonic water. Garnish with a lime wedge and serve with a straw.
Glass: Collins glass
Garnish: Lime wedge
Booze: Made by New York Distilling Co., and clocking in at 57% ABV, sip up some Brooklyn with this refreshing, straight-up G&T. "Navy Strength"? Try Navy SEAL strength after two.

Portobello Road Gin and Tonic
2 oz of Portobello Road Gin
Fill with Fever Tree Mediterranean Tonic Water
Method: Build in glass
Glass: Copa
Garnish: Grapefruit twist, basil leaf, juniper berries and coriander seed from a pepper grinder.
Ice: Lots of cubes
Booze: This London Dry Gin lends itself to strong citrus, hence the grapefruit that brings it all together and leaves it standing in a different league from your typical well-G&T-with-a-sad-lime-wedge from your local dive bar.

Four Pillars Gin and Tonic
1.5 oz Four Pillars Rare Dry Gin
3 oz of tonic water
Fresh Orange
Method: Add ice and gin to a short glass, top with tonic water, garnish with citrus.
Garnish: Different gins work best with different garnishes — try fresh orange with Rare Dry, kaffir lime leaf and fresh ginger with Navy Strength Gin, and tangelo with Bloody Shiraz Gin.
Booze: We went Down Under for this classic gin, hence our decision to go for Australasian garnishes.

Hot Gin & Tonic
1 1/2 oz Brooklyn Gin
1/4 oz TomR's Tonic syrup
1/2 oz Salers Aperitif
1/2 oz Amaretto Disaronna
Lemon wedge with clove and cinnamon
Method: Combine Brooklyn Gin, TomR's Tonic syrup in a mug. Stir well and top with boiling water. Garnish with a Lemon wedge, clove and cinnamon.
Glass: Glass mug
Garnish: Lemon wedge, clove and cinnamon
Booze: Your drinking buds may balk at the thought of a hot gin drink, but give it a chance. Especially as Mother Nature isn't serving up a summery spring just yet.

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Philly restaurant debuts facial recognition ordering kiosk

Less time waiting means more time to actually enjoy your food.

JENNIFER LOGUE
jennifer.logue@metro.us

Now you don't have to go to the trouble of pulling out your credit card to pay for your lunch — you can simply show your face.

Philadelphia-based restaurant Fuel is launching facial recognition kiosks at its University City and Center City locations, in an effort to make running out and grabbing lunch even faster.

Not only do the facial recognition kiosks process payment, they display past orders and provide visuals of what you're ordering.

"With three new kiosks at these locations, customers have the ability to see nutritional information and vivid photos for everything they are ordering, creating a quicker and more interactive customer experience," says Fuel owner, Rocco Cima.

In addition to the facial recognition kiosks, some famous faces have recently partnered with Fuel.

PROVIDED

Eagles offensive tackle Lane Johnson has collaborated with Fuel on its Green Machine smoothie, which features mango, pineapple juice, banana, honey, spinach and kale ($4.19-$6.19 depending on size).

Chef Brian Duffy from the Spike TV series "Bar Rescue" has also partnered with Fuel to create two new menu items: the Fuel portobello cheesesteak wrap ($9.95) and the pitatini ($8.95).

"I worked with Brian Duffy on my boards with the Restaurant School (my alma mater). I'm a huge fan of his work on 'Bar Rescue' and I reached out to him for a collaboration," Cima says. "He brings the knowledge of great trends, new ingredients and has consulted on hundreds of restaurants working with the top players in the industry."

Another thing to note, if you're watching your waistline and your budget at the same time, all of Fuel's menu items are under 500 calories and under $10. It's a win-win.

For more information, visit: Fuelrechargeyourself.com.

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OUR KEYNOTE, who will help us explore the application of REGENERATION to the concept of RESILIENCE/Y for our region

JIM NEWMAN is founder and Principal at Linnean Solutions. He helped found the Massachusetts Chapter of the USGBC and held the position of Chair of the Board of the Chapter for two years. Jim is a founding Board member of a the Resilient Design Institute. Created by Alex Wilson of BuildingGreen, the organization pursues research and education on resilience in the built environment. Jim is also a Board member of CLEAR, the owner of the LENSES regenerative development framework. Previously, Jim worked as the Director of Strategy at BuildingGreen.

Panelists
Christine Knapp
Director of Sustainability, City of Philadelphia
Brett Fusco
Manager, Office of Long-Range Planning, Delaware Valley Regional Planning Commission (DVRPC)
Thomas Flaherty
Deputy Director for Planning and Policy, Energy Coordinating Agency (ECA)
Felix Torres-Colon
Executive Director, NKCDC

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West Philly's Dennis Lorenzo went from homeless to 'American Idol'

Big shows for up-and-coming Pennsylvania singers. JENNIFER LOGUE

So many people have dreams of becoming successful musicians, but how far are they willing to go for it?

For West Philly's Dennis Lorenzo, his dream took him from the City of Brotherly Love to Atlanta and then to Los Angeles, where he was homeless upon arrival.

"I lived in a tent," he says. Prior to that, he was sleeping on people's couches and studio floors in Atlanta, putting everything on the line for his music.

Eventually, he got a job in Los Angeles as a line cook at the Greek restaurant Rodini Park.

"When they asked me where I lived, I had to say 'around the corner,'" he remembers.

Lorenzo has been overcoming hardships his whole life. When he was a child, his father was murdered, and his mom had put her own dreams on hold to support the family.

"My mom used to be a singer, and after my dad passed, she gave that up for my sister and I. There wasn't much she could do. She loved to sing — that was her passion," he says.

GETTY IMAGES

As a kid, Lorenzo wasn't interested in music at all.

"I wanted to be everything but a singer. I wanted to be a wrestler like Dwayne Johnson [The Rock], I wanted to be a scientist."

That all changed when his grandparents bought him a guitar at age 16.

"We've been inseparable ever since," Lorenzo says of the instrument.

When asked about his musical influences, the 26-year-old lists Childish Gambino, Jay Z and Kendrick Lamar as inspirations, but also cites Katy Perry.

"Not many people know this, but Katy Perry inspired me to start producing music," he says. "When I was in Atlanta, sleeping on floors and stuff, her album 'Prism' really inspired me."

As far as his hopes for "American Idol," Lorenzo just wants to pay it forward and inspire others.

"I want to continue to inspire people, but on a very large scale. I want to be that leader that I know I was born to be — the guy to help people choose the right path over the negative one."

And the biggest thing he misses about Philly?

"One of my favorite spots is Abner's Cheesesteaks. It's on 40th and Market," he says. " I miss Philly so much. I also love the zoo."

Lorenzo performs on "American Idol" tonight for his duet.

For more information, visit: abc.go.com/shows/american-idol

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Local high school senior Catie Turner's competing, too!

Tune in tonight to see them both sing. JENNIFER LOGUE

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There is a lot of talent from the Philadelphia region on "American Idol" this year, including Langhorne's own Catie Turner.

The Neshaminy High School senior still can't believe it's all happening.

"It's something that I couldn't make up. I guess you could say it's kind of like a dream — I still don't think it's real. It's pretty amazing," she says.

Turner admits that she was a late bloomer when it came to discovering her passion for music.

"Everybody has that story where they've been singing since they were two. That didn't happen for me," she reveals. "It happened pretty late. [I was like], 'I can't play sports, I can't act, I can't draw — I need a talent. What is something I haven't tried? Music! Wait — I'm actually kind of good at music — I think I'll work with this."

Turner started playing music at age 11, starting off on piano and then moving onto guitar.

In terms of influences, she's a big fan of singer/songwriters.

"I do love Joni Mitchell," she says. "I really appreciate all the songwriters in the music industry right now. We're doing it ourselves with no producers or writing sessions behind us."

She also loves Ed Sheeran.

"He's managed to make fresh album after album. He's one-upping his romantic songs. He keeps making wedding dance song after wedding dance song," she says.

And what do Turner's friends think about all of her newfound fame?

"They didn't think it was cool until we went to the mall yesterday, and people came up to me asking if I was Catie Turner," she says. "Now they all want to be my entourage, wearing turtlenecks, big sunglasses and silently walk behind me."

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Students? It's time we school you on how to do your taxes this week.

First-timers don't get a hall pass from the IRS.

NerdWallet is a personal finance website.

Filing your federal income taxes for the first time can be daunting, so we asked university experts to share some advice to make things easier for college students and others filing their first tax returns.

1.Always file if your paychecks have had taxes withheld

The law states that a dependent who earned income less than $6,350 in the tax year does not have to file a return. Anyone making over this amount by law must file. But "if a student doesn't have to file a tax return, not filing would still be a mistake if any income taxes were withheld on paychecks," says John Twombly, an accounting and finance professor at the Illinois Institute of Technology. "That would be tantamount to giving the IRS a donation!" So even if you're not legally required to file a return, you'll want to do so because the government may owe you money.

An important first step in filing taxes is obtaining your W-2 form, which is your proof of employment at a company or organization. If you held multiple jobs over the past year, make sure to obtain your W-2 from each of your employers.

2. You cannot claim tax exemptions if you are a dependent

Knowing your status as a dependent on your parents' tax returns is vital to understanding the basics of tax filing. In fact, not knowing is one of the worst mistakes a student can make, says Arthur Agulnek, an accounting professor at the University of Texas at Dallas. According to the Internal Revenue Service, a dependent must be either a "qualifying child" or a "qualifying relative" who meets certain conditions, such as age requirements, income, or full-time student status. Dependents cannot claim any exemptions when filing their own taxes, even if their parents do not claim them either. Since most college-age students fall into the dependent category, students cannot claim their own exemption.

3. Take advantage of free tax assistance at your college

A major hindrance to students is their unfamiliarity with the tax process. "If a student finds the irs.gov website, it can be very difficult to navigate and to understand," Twombly says. "Many universities have self-help student groups and often professors will give guidance to their students" about the process. In particular, many universities participate in the nationwide Volunteer Income Tax Assistance (VITA) program. This is a free service that students can use for any tax guidance, both on campus and in their community. Taking advantage of the many support avenues available can jump-start tax preparation and make future tax seasons easier.

4. Next year start early. This week get it done NOW

The deadline to file a tax return is April 17.

5. Don't pay to file taxes

College students, like everyone, are eligible to use the IRS's Free File program at no cost — assuming your annual household income is less than $66,000. You can even receive in-person help for free through the Volunteer Income Tax Assistance program if your income is $54,000 or less.

6. Don't overlook deductions for your education

If you're going to school — and paying for it — you can opt for certain deductions when filing your tax return. "Be sure to look into education tax credits and the earned income tax credit," says Agulnek. "New taxpayers," he says, "should make sure they do not leave money on the table by overlooking tax deductions."

GIANNA SEN-GUPTA

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Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **April 20, 2018** at **1PM** at the Safeguard Self Storage facility located at **3300 Frankford Avenue, Philadelphia, PA 19134.** The personal goods stored in the following space numbers by the following tenant(s):

safeguard self storage

#2602 - Christopher Abraham, #4112 - Steven Saland,
#2305 - Carol Thompkins, #4119 - Kathy Walsh

Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

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Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **April 20, 2018 @ 12:00PM** at the Safeguard Self Storage facility located at **830 East Hunting Park Ave., Phila., PA 19124.** The personal goods stored in the following space numbers by the following tenant(s):

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#3103-Martha Cobo, #3522-Candice Everage, #1123-Maxine Mullins,
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3101 Gwendolyn P Davis • 0117 Akil N Bowler • 0502 Angela Young • 0512 Troy Parker • 2508 Kenneth Jones
3113 Jo Dan Enterprise • 3113 Ronne Whaley • 3113 Accounts Payable • 3610 Gervin Modest
4105 Leon Mayo • 4401 Seandra Sims • A4419 Sabrina Jenkins • A4505 Cecelia Rex • A4301 Skyler Pawline

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NOTICE OF SALE

Notice is hereby given pursuant to Pennsylvania Self-Service Storage Facility Act, Prime Storage - 62nd St. 2231 S. 62nd St. Philadelphia, PA 19142 intends to hold an auction of the goods stored in the following units in default for non-payment of rent. The sale will occur as an online auction via www.StorageStuff.bid ENDING on 04.30.18 at 12pm. Unless otherwise stated the description of the contents are household goods and furnishings, boxes, misc.

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#1809 Howard Wilks, #125 Nikere Naekhe aka N. Isaac Naekhe aka N. Isarc Naekhe aka Nikere I. Naekhe,
#1112 Mama Coude aka Mama Conde, #1207 Jill Gorden, #409 Nyair Washington

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Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **April 20, 2018 @ 10:00AM** at the Safeguard Self Storage facility located at **6224 Germantown Ave Phila. PA 19144.** The personal goods stored in the following space numbers by the following tenant(s):

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Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **April 20, 2018 @ 9:00AM** at the Safeguard Self Storage facility located at **1499 66th Avenue Philadelphia, PA 19126.** The personal goods stored in the following space numbers by the following tenant(s):

safeguard self storage

 # 1117 Chelsea Middleton, # 1240 Rashinda Fripps, # 1503 Jean Ladouceur Sr., # 1511 Emerson Willis Jr,
 # 2010 Alexander Apgar, # 2116 Danielle Smith, # 2223 Stephanie Blocker, # 2329 Aaron Owens,
 # 2417 Wesley Pullett, # 3001 Jeffrey Clarke, # 3115 Corbinique Adams, # 3336 Jennifer Hart

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Workweek gone to the dogs? How bringing Fido to the office will fix it

The benefits of a pet-friendly office.

PAT KING
patrick.king@metro.us

Saying "goodbye" to your dog each day is the worst, right? Indeed, according to science — being in the company of an animal improves your chances of getting a job done effectively.

So if there's the chance of working from home, or an opportunity to get into a pet-friendly office (several WeWork shared office spaces offer this, as well as the kind of companies that have a free-beer-at-five-o-clock mentality), there are some amazing benefits to your psyche when there's a pooch at your feet.

Dogs help to relieve stress

When your in-box is overflowing it's easy to feel isolated, even in a full, noisy office environment.

But as the National Center for Health Research (NCHR) reports, when you take your dog to work your brain intrinsically tells you that you've got a support system, and triggers the "love" and "you've got this" good feelings you'd otherwise not encounter until you got home.

"Findings suggest that the social support a pet provides can make a person feel more relaxed and decrease stress," it says, adding "social support from friends and family can have similar benefits, but interpersonal relationships often cause stress as well. The social support provided by a pet might also encourage more social interactions with people, reducing feelings of isolation or loneliness."

How many times have you been pet-less yourself but spotted Spot on the street and approached with googly eyes? The smile you then share with her/his owner is the kind of connection the doctors at the NCHR describe.

"Who wants to go for a walk? WALK?!"

It's easy to get tunnel vision at a 9-to-5. By the time you peel your bloodshot eyes away from your computer, it's easy to realize you've skipped meals or haven't left your desk all day. Staring at a screen is bad for your eyes, and studies have linked long periods of sitting to heart and diabetes.

Taking a walk with your dog for 20 minutes every couple of hours will give you a chance to get your heart rate going and give your brain a break, too.

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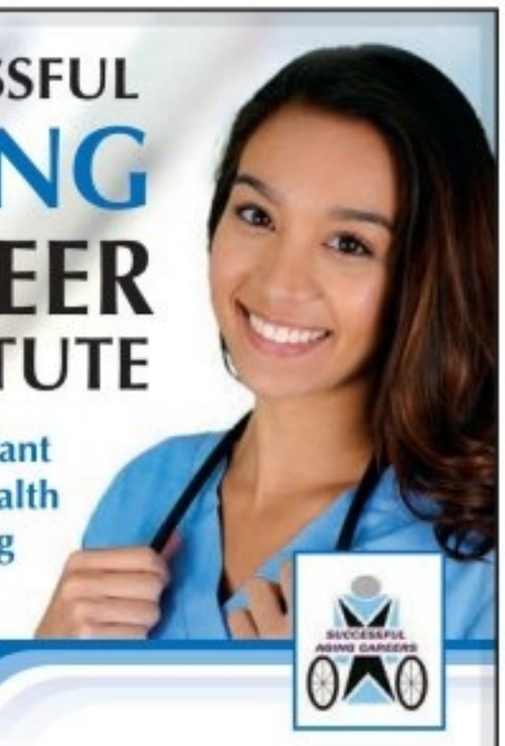

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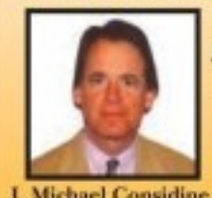

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Iris Colon W201

The Sixers have two remaining regular season games — in Atlanta Tuesday and back home against Milwaukee Wednesday. GETTY IMAGES

Sixers streak at 14 with win over Mavericks

It would be east to simply recap the Sixers' convincing 109-97 win over lowly Dallas Sunday afternoon, but it's really more of the same. Ben Simmons had a near triple while Robert Covington and Ersan Ilyasova had double doubles to lead the way... blah blah blah.

But lets look at the win historically. The 14-game win streak ties the franchise record. The team is 20 games above .500 for the first time since 2001. Philly clinched home court advantage and dished out more than 20 assists for the 32nd straight game. And they are now 20-1 at home since the new year began.

The Sixers could be real contenders.

Thanks to Brown, Sixers are actually contenders

The NBA will be taking the Sixers very seriously.

ANDY JASNER
sports@metro.us

Look at the standings and you'll notice that Sixers head coach Brett Brown already has more wins this season than in his first three seasons combined.

Think about that for a second.

It's almost unfathomable to believe that a head coach in the NBA could win 47 games in three full seasons.

The Tank-A-Thon was in full force and continued for one more season.

In year No. 5 for Brown, everything has turned in a positive way. It didn't happen overnight.

Believe it — the 76ers are for real.

There were some difficult losses to stomach early in the season. There was the Markelle Fultz saga, which lasted for much of the season. There was the early season skepticism of whether Joel Embiid could be durable for the marathon 82-game season.

Guess what? The Sixers have overcome everything thanks in large part to the guidance of Brown.

The team is maturing. It's learning how to win in every way imaginable. Friday night's scintillating 132-130 victory over the Cleveland Cavaliers catapulted the Sixers into the No. 3 seed in the Eastern Conference playoff race. It was their 13th straight win, the longest streak since the 1984-85 season led by Charles Barkley. The streak stretched to 14 after Philly took care of the Mavericks at home Sunday.

And they did it without Embiid. The franchise cornerstone may not even be available for the beginning of the playoffs. This is a fluid situation which will be monitored daily.

At one point earlier this season, the Sixers were hardly guaranteed a playoff berth.

Little by little, everything fell into place.

Ben Simmons has developed into an All-Star caliber player. Dario Saric has been so consistent. Late season signings such as Marco Belinelli and Ersan Ilyasova have been huge in terms of veteran leadership. J.J. Redick has continued to show why the Sixers paid him $23 million for this one season. Even deep reserve Richaun Holmes has contributed after not playing for long stretches.

The whole situation has been led by Brown.

The Sixers were 36-30 and fighting like crazy to stay in playoff contention. They haven't stopped winning since and found a way to defeat LeBron James without Embiid.

"I saw it immediately after the game there's just a very spirited group of some old, some young players that are sharing in each others' success and led by Joel Embiid," Brown said. "I think Joel looks great, like he's as thin as I've ever seen him. He is what we talk about thin is in all the time his body looks exceptional and his spirit is there to match that."

Embiid's leadership has grown throughout the season and that's another factor for this franchise's success.

The passionate Sixers fan base is desperate for a deep playoff run. They can sense a run coming like 2001 when they advanced to the Finals. The players can sense it as well.

"I've said it many times, this is as good of a home crowd as I've ever played in front of in my NBA career," Redick said. "It's a huge advantage for us. It's one of the reasons I think we've been so focused over the last month or so on trying to get home court advantage because we know this will be a huge factor for us. Especially, first round. Maybe second round. Going forward."

The Sixers aren't limping into the playoffs — they're sprinting. The confidence is growing with each victory. If Embiid is able to return earlier than expected, look out. More wins could be on the way.

Claude Giroux and the Flyers will have three days off before traveling to Pittsburgh for their first playoff game. GETTY IMAGES

Flyers will draw rival Penguins in Stanley Cup Playoffs Round 1

Stanley Cup Playoffs

No. 3 Flyers at No. 2 Penguins
(Metro Division)

Game 1 Wednesday, 7 p.m.

The Flyers, in true Flyers fashion, took things to the wire in their trek to clinch a playoff spot as they creamed the Rangers, 5-0, Saturday and earned the points needed to secure a berth as the No. 3 team in the Metro.

Claude Giroux was the hero, scoring his first-ever hat trick and finishing the year with 102 points as a true Hart Trophy candidate. Hardware for G would be nice, but the only thing that matters for the Flyers is what's next.

"Well I think it's important that we enjoy this tonight and kind of talk about it," he said after the win, "but when it comes to tomorrow we gotta be dialed in and I think we'll know who were playing tomorrow so we gotta turn the page and get excited again."

We know who the Flyers would be playing — and it will be a battle between Pennsyvlania rivals starting Wednesday in Pittsburgh.

It's about the worst draw possible for Philly, which has lost to the Penguins all four times they went at it this season — twice 5-4 in overtime. The first two games, due of course to Pittsburgh's razor thin two point lead in the standings over the Flyers, will be played in Western PA.

To be sure, the Flyers are playing for a Stanley Cup. But expectations should be tempered with so many youg players taking roles as key contributors this season. Or should they?

"The stage gets bigger," Sean Couturier said of his rookie and sophomore NHL teammates getting prepared to taste the postseason for the first time. "There's a lot more eyes looking at you and that's what you play for, I guess, growing up. It's that time of the year where everyone needs to step up, it's not only the young guys, it's everyone. We're pretty excited."

The schedule for the postseason, as of Sunday afternoon, is pending the completion and result of the night game between the Bruins and the Panthers. If Boston wins and is the Atlantic champion, the only thing that will be different for the Flyers and Penguins is when Game's 3 through 7 will be played.

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Arrieta is shaky in short Phillies debut

The Phillies' bullpen faltered once again as they fell 6-3 to wrap up their series against Miami on Sunday. GETTY IMAGES

Jake Arrieta didn't pitch enough in spring training.

The Phillies' newest toy — a $75 million toy — made his debut on the mound in South Philly against the Marlins Sunday afternoon and looked rusty at best.

It wasn't the best start for the new ace, whose second batter — Miguel Rojas — went yard on a 2-1 pitch. A walk, hit and catchers interference tested Arrieta early, as he was unable to squirm out of a bases loaded jam with two outs as Braxton Lee's bloop two-RBI single put Miami ahead 3-0.

In all, Arrieta needed 65 pitches to get through three innings, and went four innings in total (74 pitches). If this was a typical start, Arrieta would have legitimate beef with oft-overmanaging Gabe Kapler. But this was in reality a tune up for him against one of the worst teams in baseball.

It's just one game, and surely a full spring schedule would have allowed Arrieta to be much closer to midseason form than he was Sunday. But was there a reason why Arrieta remained unsigned halfway through March?

There has been a sure decline in his ability in his age 32 season but the hurler did post a 2.26 ERA over the second half of 2017 with the Cubs and still has good stuff.

As he did eventually show at Citizens Bank Park, retiring 10 of the final 11 batters he faces without giving up a hit.

Luckily, for the righty, the offense was still frisky after exploding for 20 runs Saturday night and got Arrieta off the hook. Solid base-running helped Nick Williams knock an RBI-single and Carlos Santana a sac fly in the first, with Rhys Hoskins slamming an RBI double in the third to equalize things in the matinee.

In the crisp cold 45-degree weather, Arrieta wasn't at his best. But as the weather heats up, as he has so many times before, the bearded man Chicago fans called Jake the Snake will find his midseason stride — eventually. EVAN MACY

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OIC has **Tuition FREE** Hospitality Classes with Internship & Job Placement assistance available in the following fields:

Culinary Arts - 16 weeks

Housekeeping - 9 weeks

Front Office - 9 weeks

START DATE: Monday, May 7th 2018
APPLICATION DEADLINE: May 2nd 2018
CLASS DAYS & TIME: Monday - Friday • 8:30am - 2:45pm
CONTACT: Mrs. Council-Grant, Admissions Specialist
215.236.7700 (ext. 325)
LOCATION: 1231 N. Broad Street, 4th Floor, Philadelphia, PA 19122

REQUIREMENTS:
- Must bring your **High School Diploma/Transcript or GED**
- Must bring a **Valid State ID** (school ID not permitted)
- PA/DE & NJ Residents are welcome
- Must apply at OIC **Monday - Friday from 9am - 2pm**
- TABE Testing Administered on site
- Must be able to adhere to our professional dress code policy if accepted to participate, which consists of black dress slacks or skirt, white dress shirt/blouse, black or dark color tie and blazer, black non-slip shoes (uniform starts the day of orientation)
- Must provide OIC with **three written references** at orientation (non-family members)
- **NO APPOINTMENT NECESSARY (PLEASE DO NOT BRING CHILDREN)**

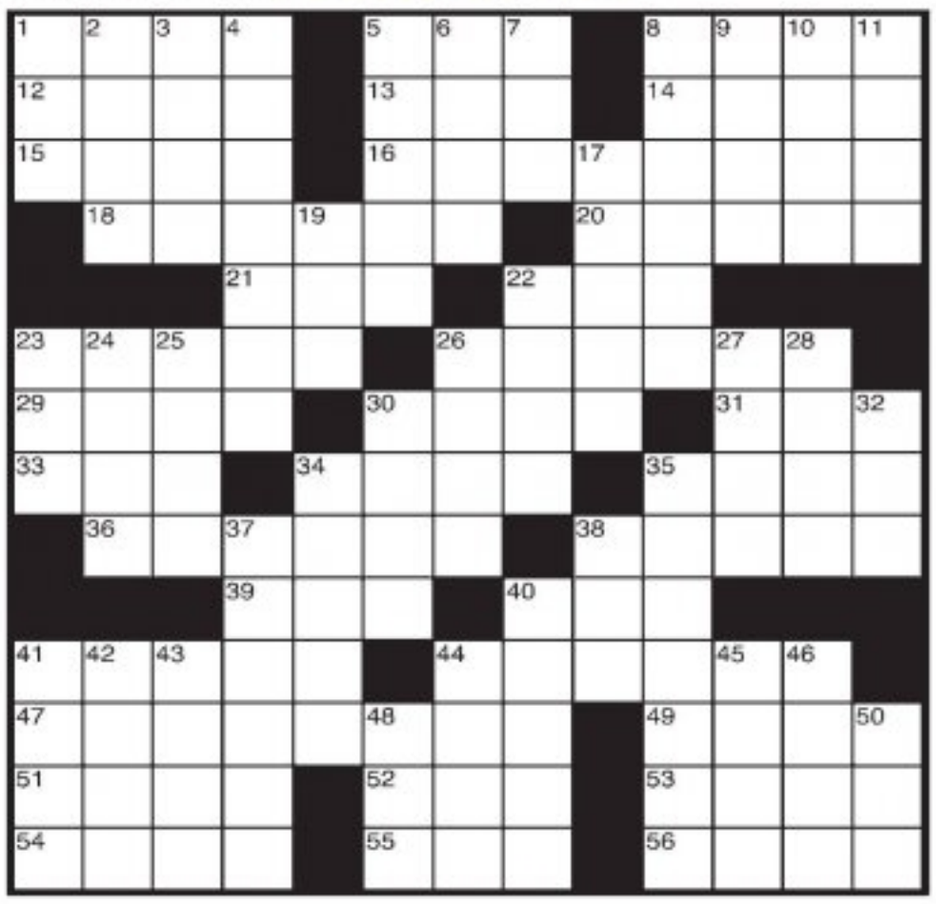
philaoic.org
OPENING OPPORTUNITIES FOR ALL

MISCELLANEOUS

WANTED!
People to study the Bible with
267-713-WORD
phillybiblestudy.org

GAMES

metro.us/crossword



ACROSS
1 100 centavos
5 Drake's title
8 Nowhere near
12 Civil rights org.
13 Dazzle
14 Bouquet holder
15 Huh?
16 Pike descriptor
18 Barn fledglings
20 Regions
21 Big flap
22 Boise hrs.
23 Turns the soil
26 Holmes sidekick
29 CD- --
30 Atlantic catches
31 Martini base
33 Dog days, in Dijon
34 "Cool Hand –"
35 Carson's successor
36 Skulks
38 Joyous outburst
39 Mimic
40 Whir
41 Tight-knit team
44 Cream cheese partners
47 Stealthy ones
49 Lack
51 Zhivago's beloved
52 Consume
53 Purple potato
54 Charon's river
55 Drain unclogger
56 Went fast

DOWN
1 Rabbit's foot
2 Cave sound effect
3 Burger side
4 Stagecoach robbers
5 Dealt with (2 wds.)
6 – – framed!
7 Aunt or bro.
8 Prevents
9 Dunaway of films
10 Riding the waves
11 Fire-engine and ruby
17 Survives
19 MS polishers
22 Fashioned
23 Opposite of post-
24 Oodles
25 Portent
26 Stir-fry pans
27 Kind of molding
28 1492 vessel
30 Salad veggie
32 Persona – grata
34 Carnation station
35 Bewails
37 Canal blocker?
38 Nose type
40 Waste maker
41 Some NCOs
42 Trapped like – –
43 Boat with oars
44 Laugh loudly
45 Frog step
46 Bone-dry
48 Sushi fish
50 Pentagon grp.

Yesterday's answers

B	A	M		M	O	S	T		B	R	A	D
A	M	Y		E	P	E	E		M	I	M	E
L	O	N	E	L	I	E	R		O	V	A	L
D	R	A	G	O	N		M	A	V	E	N	
			O	D	E	S		P	I	T	A	
P	E	P	S	I		P	E	T	E			
T	O	O		C	H	E	R		S	K	Y	S
A	S	I	F		A	W	R	Y		O	O	P
			A	X	L	E		A	N	I	M	A
	S	A	I	L		D	U	N	E			
	W	O	R	S	E		S	K	I	E	R	S
L	I	R	E		O	R	I	E	N	T	A	L
A	R	T	S		N	I	N	E		A	R	I

Can't wait until tomorrow to check your answers? Visit **metro.us**

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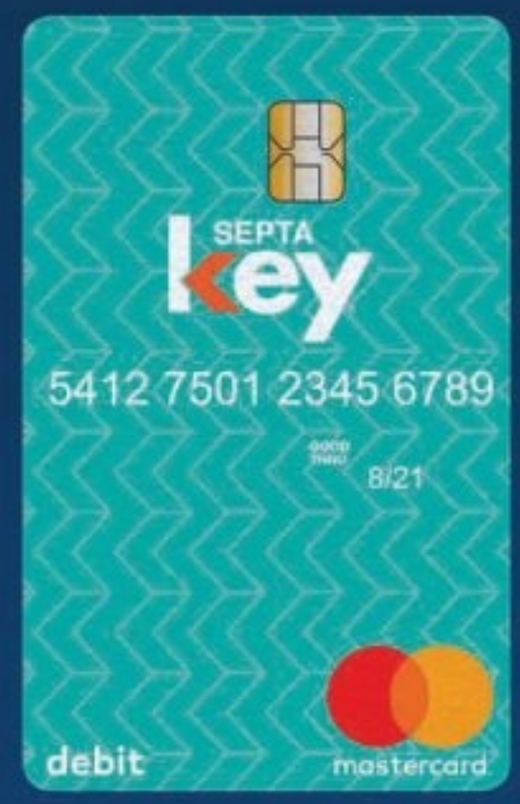

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GAME OVER, TOKENS

ISEPTAPHILLY.COM/KEY

Do you or a loved one have schizophrenia?

If so, please contact CCR Trials today about inpatient and outpatient medical research studies

Qualified participants must:

- Be at least 18 years of age
- Currently experience symptoms of Schizophrenia

Qualified participants receive:

- All study related evaluations and study medication at no cost
- Total compensation ranging from $1,000 to $6,000 for time and travel

For more information, call 866-410-3838 • HRITrials.com

HASSMAN RESEARCH INSTITUTE

Do you have bipolar disorder?

Are you currently experiencing depression?

If so, please contact HRI Trials today about research studies of investigational medications for bipolar depression.

Qualified participants must:

- Be at least 18 years of age • Currently experience symptoms of Bipolar disorder

Qualified participants receive:

- All study-related evaluations and study medication at no cost
- Compensation up to $600.00 for time and travel

HASSMAN RESEARCH INSTITUTE

For more information, call 866-350-6464

DEPRESSED?

Are you treating your depression with medication? Are you still feeling depressed?

If so, please call Hassman Research Institute about participating in our research study of an investigational drug for adults with treatment-resistant depression.

Qualified participants must: • Be 18 or older • Be taking prescribed antidepressant medication • Be currently experiencing a depressive episode

Insurance is not required to participate in our study, and all study-related care and study medications are provided at no charge.

Transportation and compensation up to $7,500 for time and travel may be available.

HASSMAN RESEARCH INSTITUTE

For more information, call toll-free 866-264-4545 or visit HRITrials.com